

Weekly Menu Record

| Sponsor | Center | | Month | Week | Year |
|----------------------------------|--------------------|---------------------|-----------------------|----------------------|--------------------|
| <u>Menu Item</u> | Menu | Menu | Menu | Menu | Menu |
| Breakfast | Monday Date | Tuesday Date | Wednesday Date | Thursday Date | Friday Date |
| Milk | | | | | |
| Fruit/Veg./Juice | | | | | |
| Grains | | | | | |
| | | | | | |
| (Must Serve 4 Components) | | | | | |
| A.M. Supplement | | | | | |
| Milk | | | | | |
| Meat/Meat Alternate | | | | | |
| Fruit/Veg./Juice | | | | | |
| Grains | | | | | |
| (Must Serve 2 Components) | | | | | |
| Lunch | | | | | |
| Milk | | | | | |
| Meat/Meat Alternate | | | | | |
| Fruit/Veg. | | | | | |
| Fruit/Veg. | | | | | |
| Grains | | | | | |
| Grains | | | | | |
| (Must Serve 6 Components) | | | | | |
| P.M. Supplement | | | | | |
| Milk | | | | | |
| Meat/Meat Alternate | | | | | |
| Fruit/Veg./Juice | | | | | |
| Grains | | | | | |
| (Must Serve 2 Components) | | | | | |
| Supper | | | | | |
| Milk | | | | | |
| Meat/Meat Alternate | | | | | |
| Fruit/Veg. | | | | | |
| Fruit/Veg. | | | | | |
| Grains | | | | | |
| Grains | | | | | |
| (Must Serve 6 Components) | | | | | |

Please Refer to the Meal Pattern for Adults for More Information.